

What is claimed is:

1. A higher unsaturated fatty acid composition comprising linoleic fatty acid (n-6, 18 : 2) and α -linolenic fatty acid (n-3, 18 : 3), the weight ratio of said linoleic fatty acid to said α -linolenic fatty acid is 0.05 to 7.5.
2. The composition claimed in claim 1 wherein the weight ratio of said linoleic fatty acid to said α -linolenic fatty acid is 0.05 to 2.0.
3. A food containing the higher unsaturated fatty acid composition claimed in claim 1 or 2.